

MATURE ADULTS

DROP-IN RECREATIONAL PROGRAMS AND MATURE ADULT SERVICES

The following programs have no fee and do not require advanced registration. Programs are held year round but do not meet on the 4th of July, Thanksgiving, Christmas and New Years. **PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVICEABLE FOR GROUP MEMBERS TO CHECK THE FRONT DESK ROOM RESERVATION LIST PRIOR TO EACH SESSION TO SEE IF THERE HAVE BEEN ANY ROOM CHANGES. THERE ARE NO DROP-IN CLASSES ON JUNE 17TH DUE TO HIGH SCHOOL GRADUATION**

BLOOD PRESSURE CHECKS

Nurses: Joan Brown and Carole Dysart

Second Wednesday of each month

10:45 a.m. – 11:45 a.m.

No Reservation is required. Simply drop-in for a check-up.

Wednesday – March 11

Wednesday – May 13

Wednesday – April 8

Wednesday – June 10

SENIOR FITNESS

Tuesdays and Thursdays 11:00 a.m. – 12:00 p.m.

Instructors: Jackie Dantonio, Tuesdays and Caroline Cikra Thursdays

This program will include cardio, weightlifting and stretching to aid the participants in building physical endurance, muscle strength, balance and flexibility. It will also include abdominal, leg, gluteal and stretching exercise on mats. Participants are asked to bring a water bottle, their own hand weights and fitness mats for floor work. Participants are asked to take responsibility for knowing and regulating their own fitness ability. It is suggested that you consult your physician before starting this class. **There is no class on June 16.**

PICKLEBALL

Mondays, Wednesday, Fridays - 11:00 a.m. – 12:30 p.m.

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our regular group of very enthusiastic players. We have all levels of players in our groups including some Senior Olympic Pickleball Winners! No Pickleball June 17.

TABLE TENNIS

Monday and Thursday - 8:00 a.m. – 9:00 a.m.

Just show up and join us for table tennis every Monday and Thursday. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members.

CANASTA

Tuesdays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Canasta.

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. Even if you do not remember all the details, a "Canasta Packer" is available to use as review or as a learning tool. There will be no formal instructor but there will be seasoned players willing to help others new to the game.

MAH JONGG

Thursdays - 1:00 p.m. – 4:00 p.m.

Come out and make new friends as you play the game of Mah Jongg

Mah-Jongg was first played by the ruling class of china and dated back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction however regular players are glad to tutor new players to understand the game. The first Thursday of each month is recommended for beginners. At that time you are welcomed to observe our regular group of players. If you decide to play on a regular basis you are asked to provide your own Mah Jongg set. There is no fee. All abilities are welcome.

DOMINOES

Fridays - 1:00 p.m. – 4:00 p.m.

From dominoes to scrabble to checkers to chess, whatever game you would like to play simply show up at the center and play a game, as you make new friends. You may bring along your own board or card games and share them with others. Dominoes is the predominate game played, however there are other games available.

PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVICEABLE FOR GROUP MEMBERS TO CHECK THE FRONT DESK ROOM RESERVATION LIST PRIOR TO EACH SESSION TO SEE IF THERE HAVE BEEN ANY ROOM CHANGES.

